

## ABSTRACT

Muscle toner is a fitness device to simultaneously activate and stretch muscle groups in arms, shoulders, upper chest, upper back, and neck areas. Its function neutralizes muscle tension, strengthens muscle fibers, and restores the physiological muscle tone. Alterations in muscle tonus are associated with tension headaches, neck and shoulder pain, and snoring. Owing to the fact that muscle groups are intertwined with each other, any of the above ailing conditions would affect, or would be the result of pertaining disorder involving, more than one group of muscles. The effectiveness of Muscle toner in the prevention and treatment of tension headaches, neck and shoulder pain, and snoring is related to its simultaneous action on all affected muscle groups.